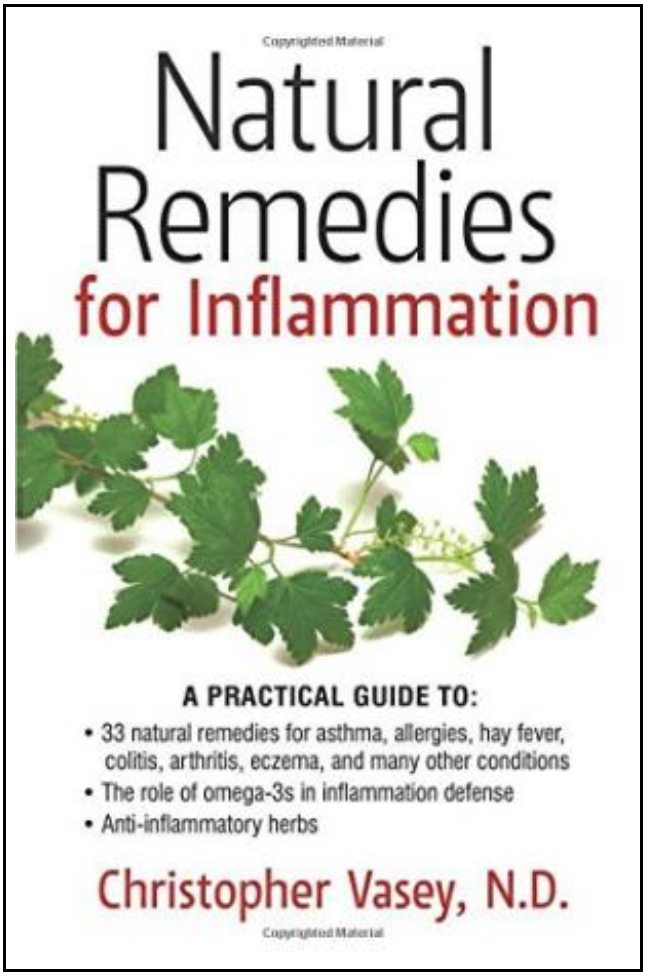
Natural Remedies for Inflammation



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Reviews

The book is fantastic and great. It is filled with wisdom and knowledge I am just easily will get a enjoyment of looking at a composed publication.
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NATURAL REMEDIES FOR INFLAMMATION

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Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Natural Remedies for Inflammation, Christopher Vasey, From aspirin and ibuprofen to antihistamines and cortisone, anti-inflammatory drugs are now the top-selling pharmaceuticals in the world. But daily use of these powerful drugs comes with a price: side effects, many of which can lead to other chronic conditions and the further use of medications. In this practical guide to natural remedies for inflammation, naturopath Christopher Vasey explores 38 anti-inflammatory herbs, such as laurel, basil, turmeric, and devil's claw, as well as other natural substances, such as propolis and fish oil. He explains which conditions each addresses most effectively, proper dosage, and the best methods of ingestion. Vasey explains how, like fever, inflammation is a defensive reaction of the body and also carries out a cleansing process, which natural remedies support but pharmaceuticals can destabilize by contributing more toxins to the internal terrain. He examines many of the most common inflammation-related ailments--such as allergies, asthma, conjunctivitis, bronchitis, sinusitis, cystitis, tendonitis, arthritis, eczema, and sciatica--and explains which medicinal plant or food supplement is best suited to safely alleviate unpleasant symptoms while helping the body complete the healing the inflammation was initiated to perform. Revealing the important role of omega-3s in defending the body against inflammation and reducing the damage caused by chronic inflammation, Vasey explores what foods are rich in these key molecules, how much must be eaten to defend the body, and what omega-3 supplements are most suited to your body's needs. The author also examines how to deacidify the body, as acids have an inflammatory effect, as well as how to use hydrotherapy to calm inflammation.

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